



Volume 3, Issue 4

Fall 2016

LCMHS Annual Meeting October 19, 2016

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Join us for our Annual Meeting to celebrate our consumer's accomplishments, successes, challenges, and to learn about our contributions to the Lamoille community in the past 50 years.

The Annual Meeting will be held at 72 Harrel Street beginning at 5:00 p.m.. All consumers, employees, and the public are invited to attend and share in the festivities.

Zero Suicide

During this year, five staff of LCMHS attended trainings aimed at helping to establish Lamoille County as a Zero Suicide area. Zero Suicide has been supported by the Department of Mental Health and the Vermont Department of Health for communities to use best practices in addressing persons at risk of suicide and helping survivors of suicide. Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and also a specific set of tools and strategies. It is both a concept and a practice. The goal of the training is to help establish a zero number of suicides in the years ahead. The training involves both clinical training on how to assess and intervene with persons at risk, but also on a program of community awareness of suicide and its signs to help prevent a suicide outcome. LCMHS has established a group of staff who will be implementing Zero Suicide strategies, trainings clinicians, providing services, and public education on this subject in the upcoming months. If you would like to learn more about Zero Suicide, please visit www.zerosuicide.sprc.org.

See suicide fact sheet p.9



Open House Recap

We would like to thank all our friends, community members, and partners that joined us for our Open House on August 3. It was a beautiful afternoon with music, food and tours to our office. There was a successful blood drive that occurred the same day. We also thank Channel 5 News for joining us and highlighting our 50th Anniversary Celebration with an article that evening.

THE SEVEN CHALLENGES®

Lamoille County Mental Health Services has decided to become a licensed provider of The Seven Challenges®.

The Seven Challenges is a comprehensive counseling program for young people that incorporates work on alcohol and other drug problems. It is designed to motivate youth to evaluate their lives, consider changes they may wish to make, and then succeed in implementing the desired changes. It supports them in strengthening life skills.

In The Seven Challenges, young people address their drug problems, their co-occurring life skill deficits, and their situational and psychological problems. Although counselors in the program provide a structure for groups and a framework for individual sessions, the content of each session is exceptionally flexible, in response to the immediate needs of youth. It is not pre-scripted.

The Seven Challenges uses an approach called “Mastery Counseling™,” which helps young people look at what is happening in their lives. They learn to recognize what is going well and what is problematic. Whatever is not going well, or as well as they would like it to be going, is identified as an “issue.” In Seven Challenges sessions, counselors teach young people to work on their issues. As they do their work, the “challenge process” is used to help them make thoughtful decisions, including about drugs.

The Seven Challenges is a highly effective, evidence based program.

GATSA Potluck Re-Cap

GATSA (Getting Acquainted Through Self-Advocacy) held their annual cookout on Friday August 19th at the Eden Recreation Center. The afternoon was complete with good food, good company, sunshine, lawn games, and music. 55 consumers, staff and shared living providers hosted and enjoyed this year's BBQ and Potluck. This annual event is open to the public and welcomes community members to come, learn more about and celebrate GATSA's mission. Members of GATSA are proud to work together educating peers to take control over their own lives, make decisions, solve problems, speak for themselves, as well as educating and making the public aware of the strengths, rights, wants and needs of people with developmental disabilities. GATSA pursues their mission through education, outreach, community inclusion and awareness around all aspects of a person's rights to live a whole, healthy life.

Staff Development Day

Staff Development Day was held on July 15. Approximately 230 employees attended the morning workshop led by financial advisor Wendy Letourneau, Mindfulness activity by Regina Wdowiak, and Self-Care tips from JP Hayden. Then staff enjoyed lunch and afternoon activities at 72 Harrel Street. It was a beautiful day of laughter and sunshine!



LCMHS Summer Camps

Children, Youth & Family Services

This summer, about 30 CYFS clients spent a fun week at our third annual Mental Health Camp. Each camper was paired with a one-to-one staff and developed specific individual goals related to their overall treatment plans. Campers spent the mornings in structured activities aimed at teaching social skills, developing healthy relationships, and increasing their ability to regulate their emotions well. Afternoons were spent in outings around the community to put this learning into practice. Campers spent lots of time outside enjoying the summer weather and the natural beauty of Vermont as we swam, hiked, fished, and played outdoor games. This is the first year that we offered two weeks of camp, one in June and one in August, and we're very excited to see our summer programming growing!



Redwood Program

All students who are a part of The Redwood Program were able to participate in our 6 week therapeutic camp. This camp provided a continued opportunity for the students to be part of a peer group and practice appropriate peer group interactions. A total of 53 students were provided with an hour of 1:1 instruction maintaining IEP goals and therapeutic opportunities to work on self-regulation skills, team building, and problem solving in small and large group format. In the afternoons, there was a community outing. Fridays consisted of a full day community outing. Our Behavioral Interventionists were a part of the planning for all of the summer camp activities.

What is happening at LCMHS

Community Garden Update

Our gardening group, lead by Community Psychoeducational Services (CPS) med specialist Sarah Williams, has been meeting twice a week. They have been harvesting tomatoes and got their first cucumber last week. Our consumers have learned about light requirements, watering requirements, and the importance of weeding and composting.

Gardening is a calming activity that assists clients in managing stress. In addition it serves to build the values of self-help, self-responsibility and social responsibility. These activities also promote health and wellness by improving strength and endurance while encouraging a healthy diet.

The skills our clients learn also translate to living in an independent cost effective manner. Their plans for the winter include making birdfeeders, hummingbird feeders and windowsill boxes for apartments so that clients can use the newly acquired skills on lettuce, broccoli, cauliflower, herbs, tomatoes and peppers depending on their light availability, but regardless of the light they will still be able to produce healthy food over the winter as well as cleaning the air in their apartments. Shortly we will be planting garlic, and learning about root vegetables over the fall.

Community donations we so gratefully appreciated were put to great use and our consumers and staff are so proud of our neighbors for helping us get started.



Nutrition Group

Michèle Bernier, our CPS Nurse Manager has been leading the nutrition group that meets once a week. The group is designed to show how good nutrition can affect how one feels and to enhance overall health. Discussion ranges from maintaining healthy weight, reducing risk of cardiac disease and diabetes as well as meal planning, healthy options for snacking, eating out, the food pyramid, etc. The group gives support to those participants who are actively attempting a healthier lifestyle and encourages participants to talk about their experiences and struggles with regard to nutrition. Any adult member of the LCMHS community is welcome to join. We would gratefully accept donations of healthy snacks so that participants may have the opportunity to try nutritious options that may not have been a part of their dietary regimen in the past.

Walking Group

A walking group walks 3 times a week for 30 minutes. The purpose of the group is to enhance overall health and wellness. Establishing a regular walking regime can mobilize joints, improve circulation, reduce rigidity, improve balance and endurance. Walking can assist with weight loss goals, is inexpensive, low risk and accessible. A regular walking regime can decrease the risk for heart disease, type 2 diabetes, asthma, stroke and some cancers. It can also reduce stress, increase sense of structure and belonging as well as provide a broader sense of community. We would gratefully accept donations of pedometers/Fitbit to allow individuals to track their progress.

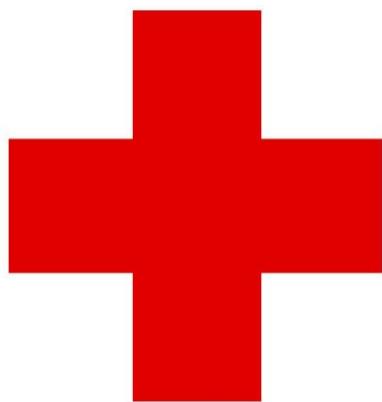


Chair Yoga

Dede LaRow is offering chair yoga classes twice a month to our Copley House consumers. These classes provide breathing, body awareness and movement and meditation tools that help our clients improve health, breathing, flexibility, and overall well-being. Participants have been practicing to the best of their physical abilities.

Art Group

Bachelor in Fine Arts, Ben Russel of the community cadre, has recently begun an art therapy group for CRT consumers. This group is based out of the wellness center, and has been well received. The group is still in the formative stages, as the participants—with Ben's guidance—discuss their ideas as to the direction the group will take. There has been discussion surrounding the various mediums that can be used, and appropriate use. The group is open to all CRT consumers, and takes place at 12:30 every Wednesday. Thank you Ben for taking this on!



Blood Drive

November 15, 2016
10:00 a.m. to 3:00 p.m.

Lamoille County Mental Health Services
72 Harrel Street
Morrisville

Therapy Dog Visits

Each week, our CPS med specialist Dede LaRow brings Xander to visit our consumers at the Copley House. Xander is Licensed as a therapy dog, and along with Dede (his owner and handler) is working on the emotional health of our residents. They are part of Therapy Dogs of Vermont (TDV), an all volunteer, non-profit organization of well-mannered, sweet-tempered, people-loving dogs and their handlers.

Zumba

Executive assistant Luciana Swenson offers weekly Zumba classes to employees. Zumba is both a dance class and a fitness class. Aside from its heart-health benefits, Zumba provides a workout for the whole body. It helps in the release of endorphins that help in altering mood, but also helps to melt away worries as people drop themselves down in the Zumba music and movements.



LCMHS Welcomes New Board Members

We are equally excited with the addition of two knowledgeable and active community members to our board of directors.

Karen Carlson is the Vice President and Branch Manager of the Union Bank Stowe office performing management duties along with being a very active real estate lender. She's been with Union Bank since 1974! Karen is an active part of the Lamoille community and participates in many local groups, volunteering her time and efforts as much as possible. Some of her affiliations include: board member of Lamoille Housing Partnership, board member of Copley House, treasurer of the Stowe Chapter of the Salvation Army, chairman of the outreach committee for the Lamoille Board of Realtors, and was a charter member of Lamoille County Chapter Habitat For Humanity, in which she was also a board member for four years.



Karen Carlson

Michele Whitmore is the Associate Dean of Students at Johnson State College. During the 22+ year she has been at Johnson State College, Michele has worked in various capacities within the Student Affairs Division, offering a full menu of education, outreach, internal and external resources to their students each year as a means to help them have a successful, healthy, and safe college experience. She understands the barriers that can get in the way of one's success and have focused her education and career toward ways in which she can help one overcome those barriers and, more importantly, how to educate others to avoid those barriers. In addition to her vast experience, Michele has a Master's degree in Clinical Mental Health Counseling.



Michele Whitmore

Our New CYFS Director



Robyn Daley
CYFS Director

In 1999, Robyn Daley started her journey at LCMHS as an Undergrad Discreet Trial Learning (DTL) Intern in the Developmental Services department working with children. Since then she has had the opportunity to work in almost every role within the CYFS program: Intensive Family Based and Access Case Manager, Case Manager Therapist, Community Skills Worker, Outpatient Therapist, School Based Clinician, and Clinical Director. She has been a part of the Children's management team since 2011, and was our Interim CYFS Director until being promoted to that position. Robyn is a Licensed Clinical Mental Health Counselor and carries a B.A. in Psychology, a B.A. in Fine Arts, and a Masters in Counseling through Johnson State College. She has a strong knowledge base of children's services, relationships within LCMHS, as well as with community providers. We feel privileged to have such a committed and dedicated director leading our CYFS team.

LCMHS New Employees

We are thrilled to welcome Dr. David Mooney, MD back to LCMHS. He will be returning in early October as the Medical Director of the agency. He has had a rich and varied life of experiences in the field having first worked for NKHS in 1978 as a vocational counselor and case manager. He also worked at Fletcher Allen as a psychiatric aide. This work led David Mooney to become a med student and he completed his degree and subsequently served in two facilities in New York as the medical director, and then staff psychiatrist at NCSS. In 2008 the doctor began a 4 year role with the state of Vermont at the VT State Hospital, and then came to LCMHS until 2015. He returns to LCMHS after a year working inpatient at the Central Vermont Medical Center and now assumes his old role in a new way joining a robust team of providers, and helping lead the agency in our efforts to provide excellent community based care.



Dr. David Mooney
Medical Director



Katina Idol
CYFS Clinical Coordinator

Katina Idol has joined our Children, Youth & Family Services team as our new CYFS Clinical Coordinator. She grew up in Warren, VT and graduated from Johnson State College in 2003 with a B.A. in Psychology, B.A. Theater, A.A. Technical Theater. After college she worked at the Reunification Center in Seattle, WA, with families impacted by substance abuse and incarceration. She returned to the East Coast in 2007 to pursue her master's degree, so in 2009 she graduated from Lesley University, Massachusetts, with a M.A. in Mental Health Counseling and Expressive Art Therapies, and was then licensed as a Mental Health Counselor in 2011. Katina has worked in the past 8 years as a therapeutic teacher and case manager, as well as an individual therapist, adaptive soccer coach and theater director. She's trained in psychodrama, cognitive behavioral therapy, attachment and play therapy, and extensive experience with special education and family therapy services. She has now relocated to Morrisville, where she (along with her husband and son) is coaching for the Special Olympics soccer team in our community.

Copley House New Manager

Mary Leikert has begun a new role at LCMHS, as the manager of the Copley House, effective 9/3/16. Mary has been an employee at the agency since 2003 when she began working in an administrative position. Shortly after starting here she then became a member of the behavior interventionist program, and in 2013 began working on the adult mental health side of the agency in a position involving case management and employment services. In early 2014, upon completion of BA, Mary became the Assistant Manager of Copley House. In January of this year Mary did move to DS to become a Service Coordinator, a position she, as usual, did well in. After careful consideration Mary decided to apply for and was selected as the new Manager of Copley House. Mary is one the few employees who has worked in all three division and administration so has a deep knowledge of all the work we do at LCMHS.



Mary Leikert
Copley House Manager

Safety

A.L.I.C.E. Certification Training

December 1 and 2

The Federal Department of Education has significantly changed the recommended guidelines for schools regarding how schools should prepare, train, and respond to an active shooter situation as of June 2013. Please visit <http://bit.ly/DoE-K12-Guidelines> to learn more. LCMHS embraces this new standard of care and will be hosting Active Shooter Certification Training (ALICE Training) on December 1 and 2. This certification is a two day train the trainer class on active shooter response management. Attendees will range from neighboring law enforcement, local school officials and area businesses.



A.L.I.C.E. - Alert, Lockdown, Inform, Counter, Evacuate – is a set of proactive strategies that moves beyond lockdown and increases the chance of survival during a violent intruder event. ALICE is supported by more than 700 law enforcement agencies around the country and complies with the new standard of care recently developed by the Federal Department of Education, the Federal Bureau of Investigation (FBI), Department of Homeland Security (DHS), and the Federal Emergency Management Agency (FEMA).
Please visit www.alicetraining.com to register.



Lock-Down Emergency Light Installed

We have installed a red strobe light by our entrance sign at 72 Harrel Street. This light is to be used in the emergency situation of a lock down. If you approach our building and the red light is lit, please do not enter the building, as it will be in locked down mode.

Mental Health First Aid Class FREE!

*Green Mountain Technology and Career Center
November 17 and 18, 2016
8:30 a.m. to 12:30 p.m.*

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. LCMHS is once again offering MHFA, taught by certified instructors, at GMTCC at 738 VT Rt 15 in Hyde Park at no charge to you, due to a grant received from United Way! If you would like to attend or need additional information, please visit: gmtccadulteducation.coursestorum.com or call GMTCC at 888-4447



Exploring C.O.R.S.

By Michael Hartman

LCMHS has proposed to initiate a new effort named Community Outreach and Response Service (C.O.R.S.) meant to coordinate mental health/substance use services with local Law Enforcement Agencies (LEA). We believe that this effort will narrow the gap in the identification of persons with mental health and substance use conditions and the onset of an intervention aimed at engagement, support and/or treatment for those conditions.

LCMHS is aware that persons with mental health and substance abuse conditions can be engaged by LEAs for significant amounts of time, but often this is not with outcomes that help the person with the condition. In many situations these persons have issues with food, shelter, employment, as well as behavioral and physical health. When LEAs become involved it is often due to one or more of these areas of concern not being addressed and leading to requests for the LEA assistance. If there is not an opportunity to improve upon the situation it makes the intervention less meaningful.

Thus LCMHS proposed to begin this collaboration by examining ways of extending new and existing services with the intent of assisting LEA response efforts with follow up by our staff. This follow up will encourage persons with behavioral and physical health needs to engage in health and human services that may be of assistance in addressing their needs.

This service will be offered in a variety of forms from a single outreach visit to share information to multiple visits and support to gain services and supports from existing local services.

Michael Hartman is the Behavioral Health Director at LCMHS

SUICIDE: VERMONT 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Vermont	124	18.64	11
Nationally	42,773	12.93	

Suicide is the **8th leading** cause of death in Vermont.



On average, one person dies **every three days** in the state.



Suicide cost Vermont a total of **\$117,583,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,109,277** per suicide death.

IN VERMONT, SUICIDE IS THE...

1st leading
cause of death
for ages 10-14

2nd leading
cause of death
for ages 15-34

3rd leading
cause of death
for ages 35-44

4th leading
cause of death
for ages 45-54

6th leading
cause of death
for ages 55-64

13th leading
cause of death
for ages 65 & older

Over 7 times as many people in Vermont die by suicide than by homicide. In Vermont, the total deaths to suicide reflect a total of **2,520** years of potential life lost (YPLL) before age 65.

LCMHS Housing Challenges

By Sherry Marcelino

Housing Support Services are highly utilized among people diagnosed with severe and persistent mental illness and substance use disorders. Barriers to achieving and maintaining housing vary and can be extensive, and they prevent people with disabilities and mental health challenges from living in safe affordable and appropriate housing. Such barriers may include: limited finances, lack of affordable housing in the community, bad or no credit, history of poor landlord references, lack of natural supports, lack of ability to pay move in costs (security deposit, first and last month's rent which is generally a \$2,400 expense), lack of employment, and salaries that produce a livable wage.

In fiscal year 2016 LCMHS supported 62 individuals with housing supports in their Community Rehabilitation and Treatment (CRT) Program, a program that currently serves approximately 130 individuals (as of July 2016, start of fiscal year 2017). These supports varied from housing sponsorship through state and federally funded subsidies, and supporting people financially in emergency housing as they were literally homeless, to providing financial supports to individuals at risk of eviction as they were unable to independently maintain their apartments.

In addition, approximately 80-90% of the LCMHS Adult Out Patient (AOP) population enter the program in need of housing supports as mentioned above. As of July 2016, LCMHS served approximately 270 adults in the outpatient program, with the goal of using limited case management to connect people with other providers throughout the county to support them with identified barriers to housing. These providers may include: Department of Children and Families, VocRehab, Capstone Community Action, Restorative Justice and Behavioral Health and Wellness.

As mentioned above, LCMHS has the ability to sponsor individuals who have ongoing subsidies such as Housing support funds through the Department of Mental Health (DMH), Shelter plus Care or Housing Choice Vouchers.

Housing support funds are allocated to all Designated Agencies in order to support CRT

clients that are homeless, at risk of losing housing or would benefit from ongoing housing supports in order to manage their mental health symptoms. Last year LCMHS support 36 individual with this fund, spending over \$30,000 in FY16.

LCMHS sponsors the second largest Shelter plus Care program in the state, supporting 16 households and 21 individuals. In order to qualify for this program a person must be disabled, chronically or literally homeless or fleeing domestic violence. This program will pay 70% of the person's rent, their security deposit and last months' rent. It is a 3 year program and all participants must be willing to engage in services for their disability, and agree to housing sponsorship.

Housing Subsidy and Care is a program created in partnership from the Department of Mental Health and Vermont State Housing Authority. This is a fund that offers ongoing financial subsidy for individuals who are homeless and at risk of hospitalization chiefly for those in acute care beds with no housing options. DMH also allocates funds to all Designated Agencies to support CRT clients in housing, whether it be a monthly subsidy, moving costs or emergency shelter.

Housing Choice Vouchers (section 8) are distributed through the Vermont State Housing Authority and supports those individuals that meet the financial requirements with a monthly subsidy. This program is based on economic eligibility, not disability.

cont'd p. 11



Spaghetti Dinner & Jam Session in Hyde Park

October 21, 6:00pm

Join us for a fun evening at the 2nd Congregational Church in Hyde Park. Dinner starts at 6:00 p.m. (\$8 adults and \$4 children).

The Jam Session starts at 7:00 p.m. Ted Lambert, who is also a member of LCMHS board of directors, will MC the event and keep the humor rolling, as he introduces some familiar and some new performers.

We will end the performance with a few well known sing-a-long tunes following the intermission and refreshments. A \$10 suggested donation will be taken at the door and all proceeds of the Jam session will benefit Lamoille County Mental Health Services.

Thanksgiving Dinner

Tuesday, November 22 from 11am-1pm

Each year LCMHS employees organize, prepare and serve a Thanksgiving Dinner to our consumers and community members. Please join us for dinner on November 22 from 11 to 1pm. All are welcomed!



LCMHS Housing Challenges, cont'd

To put these programs into perspective financially, each subsidy or voucher holds a monetary value of approximately \$7,000 to \$8,000 per year. Currently LCMHS sponsors and supports approximately \$270,000-300,000 (31 households in CRT) in ongoing housing supports between the three programs mentioned above. In FY16, CRT supported 8 individuals who were literally homeless for 7 months. The cost to support these individuals in emergency housing was just over \$150,000. Funding for this emergency housing came through the housing support fund, private pay, local faith based groups and/or Economic Services General Assistance Program. If you add other factors, such as the cost of hospitalization which often occurs as the result of increased mental health symptoms during homelessness, it is obvious that homelessness is not an individual problem, it's a community problem. LCMHS is very involved in the greater community, working with other community partners to work with landlords, educate the community, and offer supportive resources to individuals in addition to housing sponsorship such as credit counseling, budgeting supports and employment services.

Sherry Marcelino is the Community Support Manager at LCMHS



Support LCMHS

LCMHS serves children, youth, families, and adults, providing treatment and supports—at home, in school, and at work. **No one is turned away, regardless of their ability to pay.** However, the need for LCMHS' services continues to grow at a rate that outpaces the state's ability to fund them.

Support from our donors is absolutely vital to ensuring that LCMHS can continue to provide life-changing services and care to Lamoille County.

You can help by donating on our website (we accept credit cards) at www.lamoille.org or by sending your gift to:

LCMHS
Attn: Savi Van Sluytman
72 Harrel St.
Morrisville, VT 05661

LAMOILLE COUNTY
MENTAL HEALTH
SERVICES

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Upcoming Events

NAMI Walk	Sept 25
*Columbus Day	Oct 10
Annual Meeting	Oct 19
Jam Session	Oct 21
Red Cross Blood Drive	Nov 15
Board Meeting	Nov 16
Thanksgiving Dinner	Nov 22
*Thanksgiving Day	Nov 24
*Agency Closed	Nov 25
A.L.I.C.E. Training	Dec 1 & 2
Board Meeting	Dec 21
*Agency Closes at noon	Dec 23
*Christmas	Dec 25
*Agency Closed	Dec 26
*Agency Closes at noon	Dec 30

Quote

"A man with schizophrenia barricaded himself inside his apartment after breaking into a neighbor's house. Instead of breaking down his door, responding officers instead used their new mental health training to deescalate the crisis. Within an hour, the situation was safely defused and the man was taken not to jail, but to the hospital for evaluation."-- **Linda Rosenberg, President and CEO of the National Council**, discussing the how Mental Health First Aid teaches law enforcement to effectively respond to a mental health crisis.

Extracted from "The Hill"

Sponsors Needed

2nd Annual Zumbathon®

We are looking for sponsors for LCMHS 2nd Annual Zumbathon Fundraiser scheduled for February 4, 2017. Sponsors will be acknowledged on our website, agency newsletter and event press materials.

LCMHS is a 501(c) 3 organization, your monetary donations are deductible as charitable donations for federal income tax purposes. Please consider a tax deductible sponsorship today!

For more information please contact: Luciana Swenson at Luciana.Swenson@lamoile.org or 888-5026 ext. 103



Kristal Goff ©

